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Some Cultural Potencies / Movement Culture

The body-being is a tuning vessel.

All of our actions take place through our physical form, and *how* we engage with our environment is an absolutely vital component of our agency, our capacity for impact, and for our well-being. We each uniquely adapt and are in communication with our environment and the multiple cultures that surround us and of which we are rooted; we reflect and effect what is both visible and invisible.

My dedication to collective liberatory practices is inextricably connected to the understanding that embodiment is the site of experience - of our inheritance of the unity of body/mind/spirit and likewise of systemic inequities. I am committed to furthering these awarenesses as a facilitator and human, alongside with the communities and people with whom I encounter and evolve.

As I grow in my understanding of how intersectional oppressions operate, I become increasingly aware of how I have ignored and misunderstood my white privilege, for example, in crucial moments of development. I wonder now, how to allow for the kinds of vulnerabilities necessary for growing culture, including sitting in the fire, for the sake of further understanding and liberation. My experience in racial justice work is that there is so much messing up, grief, and room for growth; it's an inquiry nested in social forces that are so powerful, ingrained, and seemingly impossible.

In terms of the cultural environment, people are consciously and unconsciously effected by hegemonic oppressions. There are clearly physical effects of forces such as disenfranchisement, community connectedness, poverty, privilege, isolation, entitlement, and a sense of well-being. How to uncover these for use? In terms of the felt experience of this, for example, one may notice the ways they move surprisingly uniquely in relation to others in their presence, how they "take up space." And on the flip side, they may notice ways people from similar cultural roots move in apparently resonant ways. How to use these as a place for inquiry and shared evolution?

Movement practice can bring experience up and can also be a site for experiencing felt change, beyond the radical powers of ideas into expression and presencing.

Oftentimes, in the context of movement, the social component is diminished, and inversely, in the context of activism / cultural change, the body-being disappears. Even when spoken about as

important (from either side of the spectrum), the kind of time it takes to give space for movement ~ culture is seemingly hard to find.

To sit in the seat of the unknown with others requires time and space, an experimental environment that invites courage and some kind of shared reality, and fundamental tools that can be enriched through embodied arts. Making culture.

How can we be engaged, and in conscious understanding with the culture as it is in process? I call this phenomenon and area of practice ***movement culture****.*

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Learning is a process of integration, of literally making connections between dissonant ideas. These fertile spaces, these junctures, are places for inquiry. Bridging difference to access coherency into the body-being-environment - this is the everyday operation in life —in ideas and in action.

Some Inquiries:
~How can our own movement and creativity evolve alongside with others with whom we share space and place?
~How do we act with agency in the world in ways that nourish our health and well-being, our communities, our families?
~How is creative process a key in embodied, engaged action in the world?
~How do we find and make the time for this kind of work? Who has access?
~How to offer spaces where faltering and not-knowing are ok, both physically and ideas-wise, to expand the common field?
~How can our actions find measurement with each situation, find overview, connectedness, potency and alignment with place?
~How do we move in right relation with multiple nature-cultures, with our ancestors, living on indigenous land as settler colonizers for those of us for whom this is true?
~How do we enact our sovereignty, and simultaneously our interindependence, to share land and place in a way that does not compromise our own roots nor the histories and dignity of others?

To enact an embodied, engaged presence is a basis for meaningful action in the world.

One has to slow down enough to make space for what comes up, for integration, to sense ourselves, and at the same time attempt to not retreat into a fantasy of safety. To have the capacity to understand — or at least lean in and meet — the felt experience of one's biases. It seems that empathy, and knowing one's own desires, aversions and limitations, are both central parts in having the capacity to imagine cultural transformation and something beyond oneself.

Breathing in and through living communication.

Becoming aware of one's habituated movement patterns is useful, — and in my experience it is not just awareness and critical analysis alone that can produce change, but rather, awareness *through*

movement, and movement through different modalities of expression and practice, for embodied change and authentic agency to take place.

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